



# NORWOOD SENIOR CENTER

275 Prospect Street, Norwood, MA 02062

Telephone: 781-762-1201

Kerri McCarthy, , *Executive Director*  
Sheila Pransky, *Outreach Coordinator*  
Nanci Kelleher, *Program Coordinator*  
Ellen Rano, *Senior Bus Driver*  
Anne Marie Shea , *Prog. Assistant*  
Lawrence Thomas, *Senior Custodian*

Tom Tobin, *Chairman*  
Ted Mulvehill, *Vice Chairman*  
Delia Bartucca, *Secretary*  
Elizabeth Mastandrea, *Member*  
Fran Kenney, *Member*

**FEBRUARY 2016**

**The Center is open  
Monday Through Friday  
8:00 AM to 4:00 PM**

## **Norwood's Council on Aging mission includes:**

*To identify the needs of older adults along with the available resources within the community.*

*To educate the community at large on the problems of aging and the needs of its older adults.*

*To design and promote services that are needed to serve older adults.*

*To serve as advocates and enhance the lives of older adults in our community.*

*The Norwood Council on Aging offers many legal, financial, recreational, medical screenings, other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that the Norwood Senior Center, the Norwood Council on Aging, the Town of Norwood and its employees do not assume any responsibility.*

## **Directors Corner**

We celebrate Valentine's Day in February but we also honor our past Presidents on President's Day, which was formerly the celebration of George Washington's Birthday; and of course, Groundhog Day. In February many places celebrates Mardi Gras, Fat Tuesday is the traditional name for the day before Ash Wednesday, the first day of Lent. It is more commonly known as Mardi Gras, which is simply Fat Tuesday in French. It gets its name from the custom, in many Catholic countries, of marking the day with feasting before the fasting season of Lent begins.

During the winter months many older people choose to remain home due to the cold and unpredictable New England weather. Please keep in touch with friends, family and neighbors and let us know if there is any thing we can do to help.

We at the Norwood Senior Center wish you happy days every day and truly believe that you are all very special older adults. We are here to serve you!! Please let us know if there is anything we can do for you and we hope that you come to visit us soon. Until then, stay happy, healthy, & safe.

*Take Care, Kerri*

## **Happy Valentines Day!**



**AFTERNOON DANCE:** No Afternoon dance with John Rampino Friday,

**Arts & Crafts:** Offered Every First Thursday of each month at **11:00 am.**

**BASIC COMPUTER COURSE:** A four-part basic computer course is frequently offered to those who wish to learn how to use a computer. Sign-up at the front desk. New class will be announced soon.

**BINGO:** Every Wednesday, from **12:45 pm. to 3:00 pm.** \$5.00 to get started. We have begun a new game, for \$1.00 with a winner take all prize! You must be here by **12:45 pm.** to play the new game!

**BLOOD PRESSURE CLINIC:** Hellenic Health Care will be available for blood pressure screening on the **first Wednesday of each month.** Ellis Nursing Home will offer blood pressure screening on the **2nd Wednesday of each month.** The Walpole VNA will provide blood pressure screening on the **third Wednesday of each month at 11:30 am.**

**BOOK CLUB:** Our next Book Club will be meeting on **February 22nd at 10:00 am.**

**BRIDGE:** Our Bridge Club meets on **Thursdays at 9:15 am.** in the Library. **The Tuesday group has been cancelled.**

**COMPUTER CLUB:** The Computer Club meets every Wednesday at 1PM

**COUNCIL ON AGING:** COA next Meeting will be **March 3rd @ 1PM– No meeting in February**

**CRIBBAGE:** Our seniors meet every **Monday at 12:45 pm.** to play cribbage.

**DIABETES WORKSHOP:** The Diabetes Workshop Thursday February 25th at 11AM.

**EXCEL CLASSES:** Excel classes have resumed. Please sign up.

**FOOT DOCTOR:** Dr. Cormier will be here Tuesday, **February 2nd and 23rd 8:30AM-12 Noon**

**GLEE CLUB:** Glee Club meets every **Tuesday at 11:15 am.**

### **HANDCRAFTERS:**

Handcrafters meet every **Monday from 1pm. - 3pm.**

**Line Dance** Classes are held each **Tuesday.** **Class will be held from 1PM-2PM**

**MASSAGE THERAPIST:** Karen Tracy is here on the first Monday of each month. Please sign up at front desk. Massages are **\$30.00 for half an hour.**

**NORWOOD RETIRED MEN'S CLUB:** The Board of Directors meet on the **1st Tuesday of each month at 10:30 am.** at the Senior Center (Except July and August). The Club Membership meets the 2nd Tuesday of each month at the Norwood Elks Lodge, at 10:00 am.

**OIL PAINTING:** No Oil Painting class is offered at this time

**Poetry Club:** Is held on the **Third Wednesday** of each month at **1:00pm, Facilitated by Nancy from the Library.**

**SCRABBLE:** **Thursday afternoon at 1:00 pm.** Come and join us for a game.

**SHINE:** Our SHINE Counselor, **Carol,** is here to help you with your medical insurance needs on **Tuesdays from 10:00 am. - 2:00 pm.** Please call 781-762-1201 for an appointment.

**SQUARE DANCE:** Cancelled until further notice.

**TRIAD:** **February 22nd** at 1PM Norfolk County Sheriffs Dept. Sheriff Michael Bellotti

**WATER COLOR:** The next session is scheduled for **Thursday, February 11th at 9:00 am.** Payment of \$20.00 must be made at time of signup.

**WAXING** Cancelled until further notice.

**WHIST:** Whist players meet on **Tuesdays at 12:45 pm.** in the library.

**WHIST PARTY:** Whist parties will be held on the **4th Friday** of each month **1:00 pm. - 3:00 pm.**

**Norwood Memory Café**

Thursday February 18th

1:30-3:30

Refreshments served

A monthly social gathering with caregivers and their loved ones who are living with a memory impairment.

**Winter is here!**

**Please remember that if the Norwood Public Schools are closed or delayed due to inclement weather the Senior Center will also be closed.**  
**If in doubt call 781-762-1201**

**Senior Center Taxes**

We will begin doing taxes on February 12th. Appointments are being scheduled for Fridays, now 'til April 15th.

Please have all of your documentation together before scheduling your appointment.

**Poetry Corner****HUGS**

It's wondrous what a hug can do,  
 A hug can cheer you when you're blue.  
 A hug can say, "I love you so,"  
 or, "gee! I hate to see you go."

A hug is, "Welcome back again!"  
 and, "Great to see you!" or  
 "where've you been?"

A Hug can soothe a small child's pain  
 And bring a rainbow after rain.

The Hug! There's just no doubt about it,  
 We scarcely could survive without it.  
 A hug delights and warms and charms,  
 It must be why God gave us arms.

Hugs are great for fathers and mothers,  
 Sweet for sisters, swell for brothers,  
 and chances are some favorite aunts  
 love them more than plotted plants.

Kittens crave them. Puppies love them.  
 Head of State are not above them.  
 A hug can break the language barrier,  
 And make the dullest day seem merrier.  
 No need to fret about the sore of 'em  
 the more you give, the more there are of 'em  
 So stretch those arms without delay  
 and give someone a hug today

-Author Unknown

**Arts & Crafts**

**Sign-Up at front desk.**  
**February 4th**  
**11AM**

## NORWOOD SENIORS' MEETINGS & ACTIVITIES

**NORWOOD RECREATION DEPT/CIVIC GYM:** Call 781-762-0466 for further information.

**SENIOR BOWLING:** Every Thursday morning at the Norwood Sports Center at 9:30 AM. This is a mixed league and three strings are played for **\$6.00**.

**SENIOR SUPPERS:** Norwood Hospital offers a Senior Supper Program consisting of soup, entrée and a drink in the cafeteria from Monday through Friday, served from 4:45 to 6:45 PM. **The cost is \$5.50.**

### REGULAR PROGRAMS AND ACTIVITIES AT THE SENIOR CENTER

<b>Monday</b>	Flex, Firm & Chi	8:00 AM ~ \$2.00 per class
	Zumba	9:00 AM ~ \$2.00 per class
	Tai Chi	10:00 AM ~ \$2.00 per class
	Gentle Exercise	10:45 AM ~ \$2.00 per class
	Cribbage	12:45 PM
	Handcrafters	1:00 PM
<b>Tuesday</b>	Aerobics	9:00 AM ~ \$2.00 per class
	Square Dancing	9:00 AM to 10:00AM
	Bridge	9:30 AM
	Pinochle	10:00 AM
	Yoga for Everyone	10:00 AM (sit or stand class) ~ \$2.00 per class
	Line Dancing: One class- all levels	1:00-2:00PM
<b>Wednesday</b>	Whist	12:45 PM
	Flex, Firm & Chi	8:00 AM ~ \$2.00 per class
	Zumba	9:00 AM ~ \$2.00 per class
	Gentle Exercise	10:00 AM-11:00 AM ~ \$2.00 per class
	Bingo	12:45 PM
	Computer Club	1:00 PM all skill levels are welcome
<b>Thursday</b>	Aerobics	9:00 AM ~ \$2.00 per class
	Contract Bridge	9:30 AM
	Yoga for Everyone	10:00 AM ~ \$2.00 per class
	Scrabble	1:00 PM
<b>Friday</b>	Flex & Firm	8:00 AM to 9:00 AM ~ \$2.00 per class
	Yoga w/Posture & Bal.	9:00 AM to 10:00 AM - Grace Furnari ~ \$2.00
	Gentle Exercise	10:00 to 11:00 ~ \$2.00 per class
<b>Mon. - Fri.</b>	Zumba	11:00 to 12:00~ \$2.00 class
	Walking in the Gym	9:00 AM to 11:00 AM

## OUTREACH



Dear Seniors,

Happy February! Hope everyone is finding a warm loving atmosphere here at the Senior Center or wherever you go this winter.

We are here to help you in so many different ways. Just a few reminders of the areas in which we can assist:

**Heat/Electricity** – I can help you apply for **Fuel Assistance**, which would provide payment for your heat, whether it be oil, gas or electric. Even if your heat is included in your rent, you can often qualify for some assistance. (income limit for one person is \$33,126.00)

**Phone Service** – For those who qualify, free cell phone and service is available through **Safelink Wireless**, and I can help you apply for that program.

**Food** – If you are struggling to pay for your household needs, food stamps or the **SNAP Program** can be very helpful. There are financial guidelines, but even if your income isn't extremely low, if you have medical bills and associated costs, you may also qualify.

The **Norwood Ecumenical Food Pantry and the Abundant Table** are also two wonderful programs here in Norwood which can be extremely helpful with food and supplies for your household. Ask me for the information.

**Transportation** – Highlighted here last month, we are always happy to trumpet our fabulous Senior Center bus and driver, Ellen, supplying rides to the Senior Center, Doctor appointments, shopping and other destinations within Norwood, free of charge. We also have other resources for occasional transportation needs outside Norwood, so check in should you have a transportation problem.

**Issues of Abuse or Neglect** – Should you observe a troubling situation with a friend, neighbor or family member who is over 60 years old, you can call and discuss it confidentially with me. We can talk about whether there is a situation where a senior is being abused or neglected, or is self-neglecting their own needs.

**General Information** – Our Outreach Department as well as our Director, Kerri McCarthy, and our other staff members are a wealth of information and resources for many of your questions about managing day to day issues. Referrals for **chore services, home care services, MBTA The Ride, Legal and Dental services**, are a few examples.

Should there be a senior who is unable to get to the Senior Center, or who has a more emergency need, call me and we can schedule a home visit or connect with that person in a different manner.

Warm Regards,

*Sheila*

Sheila Pransky, LICSW, Outreach Coordinator  
781-762-1201, ext. 3

February 2016				
Mon	Tue	Wed	Thu	Fri
<b>1</b> Soup & Sandwich	<b>2</b> Turkey Dinner	<b>3</b> No Lunch	<b>4</b> Lemon Chicken	<b>5</b> Shrimp Scampi
<b>8</b> Soup & Sandwich	<b>9</b> Turkey Dinner	<b>10</b> No Lunch	<b>11</b> Breakfast	<b>12</b> Seafood Stew
<b>15</b> Center Closed	<b>16</b> No Lunch School Vacation	<b>17</b> No Lunch School Vacation	<b>18</b> No Lunch School Vacation	<b>19</b> No Lunch School Vacation
<b>22</b> Soup & Sandwich	<b>23</b> Turkey Dinner	<b>24</b> No Lunch	<b>25</b> Meatloaf	<b>26</b> Baked Haddock
<b>29</b> Soup & Sandwich	Please call if there is a question regarding weather.			



## **Norwood COA Senior Center Bus Route**

**Effective 01/16/2014**

### **PICK UPS AT HOUSING AUTHORITY**

*William Shyne Circle - 10:00 AM*

*Willow Wood (Adams Street) - 10:05 AM*

*Brook View Circle - 10:20 AM*

*Nahatan Street - 10:30 AM*

### **DAILY SHOPPING TRIPS**

***Mon– Fri MEDICAL APPOINTMENTS AND TRANSPORTATION UPON REQUEST BY CALLING THE FRONT DESK 24 HOURS PRIOR TO YOUR PICK UP TIME AT (781) 762-1201 PRESS # 6 FOR TRANSPORTATION.***

**Monday** - Local Trips

**Tuesday** - Walmart (1st Tuesday of each month)

**Tuesday** - Out of town trips (2nd,3rd, and 4th weeks of month)

**Thursday** - Hannaford / Dollar Store ( **No other pick ups between 9:45am-11:00 & 12:15-1:30**)

**Friday** - Shaw's Supermarket ( **No other pick ups between 9:45am-11:00 & 12:15-1:30**)

### **BUS RULES**

**1. ONE ROUND TRIP TRANSPORT PER HOUSEHOLD PER DAY**

**2. RIDERS MUST CALL 24 HOURS BEFORE DAY OF PICK UP**

**NO TRANSPORTS WILL BE MADE ON THE DAY YOU CALL.**

**3. THERE IS A 3-BAG LIMIT FOR EACH SHOPPING TRIP. CASES OF WATER, SODA, PET FOOD, ETC WILL BE CONSIDERED ONE BAG. UNFORTUNATELY, NO EXCEPTIONS WILL BE MADE. PLEASE DO NOT OVERLOAD YOUR BAGS.**

***\*ANYONE EXCEEDING THE 3 BAG LIMIT WILL BE ASKED TO MAKE OTHER ARRANGEMENTS FOR TRANSPORTATION.***



## US PRESIDENTS WORD SEARCH PUZZLE



BUCHANAN  
CLEVELAND  
CLINTON  
COOLIDGE  
EISENHOWER

FILLMORE  
HARRISON  
JACKSON  
JEFFERSON  
JOHNSON

LINCOLN  
MADISON  
MCKINLEY  
MONROE  
REAGAN

ROOSEVELT  
TAYLOR  
TRUMAN  
VAN BUREN  
WASHINGTON



## TRIPS

### Foxwoods– March 8th, 2016

#### Trip Includes

Luxury Silver Fox Motor Coach  
 Buffet Lunch or \$10.00 Food Voucher  
 \$10.00 Casino Slot Play  
 \$28.00

Departs Norwood Senior Center at 8AM  
 Return back at 6PM

Please watch for upcoming Trips on the  
 Information Board or call Nanci at  
 781-762-1201

Flyers for all trips are available in the Café  
***\*\*Please sign up for all trips with Nanci\*\****  
***Payment in full for day trips.***  
***Deposit required on overnight trips.***

You may sign up for these trips at any time,  
 up to two weeks before the scheduled date.

## FEBRUARY EVENTS

Wheel of Fortune

February 11th

1PM

Sponsored by Home Instead

Floral Arranging Class

February 12th

11AM-12PM

\$10.00 includes all materials  
 10 person max.

TRIAD

February 22nd

1pm

Norfolk County Sheriffs Dept.  
 Sheriff Michael Bellotti

**Learn To Play Mah Jong**  
**Lessons are held on Thursday**  
**and Friday afternoons**  
**1PM-3PM**

### Mini-Bus Trips

Tuesday, Feb 2nd - Walmart  
 Tuesday, Feb 9th- Market Basket  
 Tuesday, Feb 16th- Twin River  
 Tuesday, Feb 23rd-Savers and Chateau

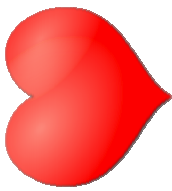
### Healthcare Assistance is Available

SHINE - 1-800-243-4636, Press 3  
 Prescription Advantage - 1-800-243-4636,  
 Press 2

(MCPHS Pharmacy Outreach Program -  
 1-866-633-1617

Medicare - 1-800-633-4227

Medicare Advocacy Project - 1-866-778-0939

Monday		Tuesday		Wednesday		Thursday		Friday	
8:00 9:00 10:00 10:45 12:45 1:00	Flex & Firm Zumba/ massage Tai Chi Gentle Exercise Cribbage Handcrafters	8:30 9:00 9:00 10:00 11:15 12:45 1:00	Foot Doctor Aerobics Square Dance Yoga Glee Club Whist Line Dancing-All levels	8:00 9:00 10:00 11:30 12:45 1:00	Flex & Firm Zumba Gentle Exercise Blood Pressure Bingo Computer Club	9:00 9:30 10:00 11:00 1:00 2:00	Aerobics Contract Bridge Yoga <b>Arts &amp; Crafts</b> Scrabble <b>Active For Life</b>	8:00 9:00 10:00 11:00 1:00	Flex & Firm Yoga & Posture w/Grace Gentle Exercise Zumba <b>Hand &amp; Foot Cards</b>
8:00 9:00 10:00 10:45 12:45 1:00	Flex & Firm Zumba Tai Chi Gentle Exercise Cribbage Handcrafters	9:00 9:00 10:00 11:15 12:45 1:00	Aerobics Square Dance Yoga Glee Club Whist Line Dancing-All levels	8:00 9:00 10:00 11:30 12:45 1:00	Flex & Firm Zumba Gentle Exercise <b>Blood Pressure</b> Bingo Computer Club	9:00 9:30 10:00 1:00 2:00	Aerobics / <b>Watercolor</b> Contract Bridge Yoga Scrabble Wheel of Fortune Active For Life	8:00 9:00 10:00 11:00 12:30	Flex & Firm Yoga & Posture w/Grace Gentle Exercise Zumba <b>Open Games</b>
8:00 9:00 10:00 10:45 12:45 1:00	Flex & Firm Zumba Tai Chi Gentle Exercise Cribbage Handcrafters <b>Center Closed</b>	9:00 9:00 10:00 11:15 12:45 1:00	Aerobics Square Dance Yoga Glee Club Whist Line Dancing-All levels	8:00 9:00 10:00 11:30 12:45 1:00	Flex & Firm Zumba Gentle Exercise <b>Blood Pressure</b> Bingo Computer Club <b>Poetry club</b>	9:00 9:30 10:00 1:30 2:00	Aerobics Contract Bridge Yoga Scrabble Memory Cafe Active For Life	8:00 9:00 10:00 11:00 1:00 7:00	Flex & Firm Yoga & Posture w/Grace Gentle Exercise Zumba <b>Hand &amp; Foot Cards</b> <b>Friends Dance</b>
8:00 9:00 10:00 10:45 12:45 1:00	Flex & Firm Zumba Tai Chi -Book Club Gentle Exercise Cribbage Handcrafters/ <b>TRIAD</b>	8:30 9:00 9:00 10:00 11:15 12:45 1:00	Foot Doctor Aerobics Square dance Yoga Glee Club Whist Line Dancing-All levels	8:00 9:00 10:00 11:30 12:45 1:00	Flex & Firm Zumba Gentle Exercise Hearing Solutions Bingo Computer Club	9:00 9:30 10:00 11:00 1:00 2:00	Aerobics Contract Bridge Yoga <b>Diabetic Workshop</b> Scrabble Active For Life	8:00 9:00 10:00 11:00 12:30 1:00	Flex & Firm Yoga & Posture w/Grace Gentle Exercise Zumba <b>Open Games</b> <b>Whist Party</b>
8:00 9:00 10:00 10:45 12:45 1:00	Flex & Firm Zumba Tai Chi Gentle Exercise Cribbage Handcrafters	<b>February 2016</b>							
8:00 9:00 10:00 10:45 12:45 1:00	Flex & Firm Zumba Tai Chi Gentle Exercise Cribbage Handcrafters								